



# NEW! HIIT 2.0

By Andrea Blair Cirignano, Group Fitness Supervisor

HIIT – it's all over the latest magazines covers and heard on the most popular fitness blogs and TV shows. HIIT stands for High Intensity Interval Training (also known as intervals or speed drills) and consists of a workout where you "go hard" for a short period of time and then recover. While there's no specific set amount of time for these bursts of activity, they're typically between 10 to 30 seconds in length with an equal or longer recovery time. As one gets stronger, overall intensity gradually increases as intervals get longer and recovery times get shorter. Why would you want to include HIIT in your exercise regimen?

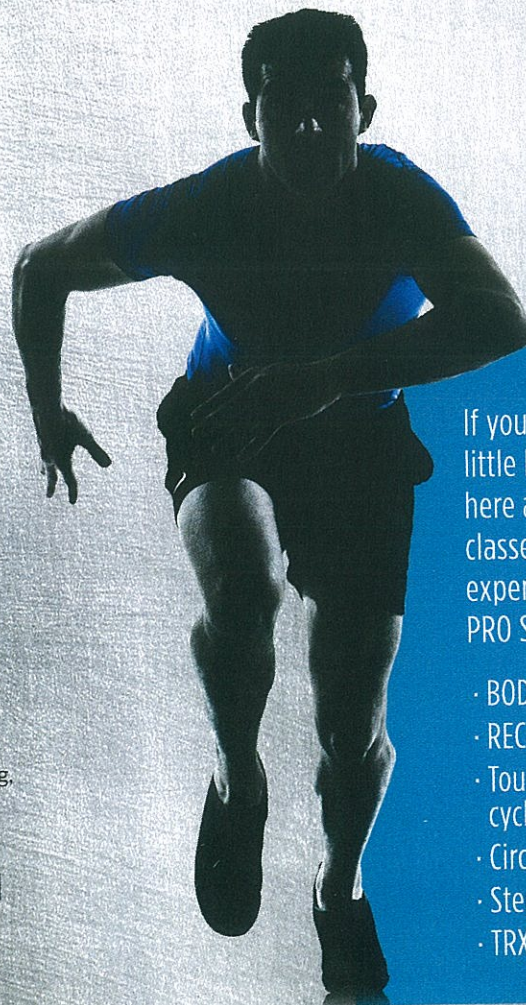
**SPEED** If you're a runner or train for any timed event, you're likely familiar with the necessary evil of speed training. A wise man once said that the only way to run faster is ... to run faster. The definition of a HIIT workout interval is that it must be at a higher intensity, which often translates to more speed. These short "sprints" will help you improve your pace in a longer, sustained activity. If you'd like to improve your speed in any athletic activity, include HIIT in your routine. Of course, if you're training for a race, sustained cardio should still play a role in your training plan, but HIIT workouts will provide some increase in overall endurance.

**EPOC** *Excess Post-exercise Oxygen Consumption.* You know that feeling you get long after you've worked out and showered and still can't seem to cool off? This happens after a HIIT workout because of EPOC. After the body goes through these bursts of high intensity, your metabolism shifts into a higher gear and starts to burn more calories for longer, well after your workout and throughout your day!

**CARDIO** A HIIT workout is perfect for anyone who gets bored on the treadmill or elliptical machine, or claims to "hate cardio." HIIT includes both cardio and strength and even those non-cardio lovers can stay entertained for 20 seconds at a time.

HIIT should be part of (not all of) a well-rounded exercise plan. Just like you give your body rest in between each interval, you should also find recovery time between each workout. The all new HIIT 2.0 enrollment class at PRO Sports Club is a great chance to rev your metabolism and increase overall fitness. Work through high-intensity intervals and strength moves. Then, unwind with yoga-inspired stretches and muscle-relaxing, foam rolling techniques to avoid injury and return to your workout faster.

HIIT 2.0 starts this spring at PRO Sports Club. It's offered on Monday and Wednesday mornings at 5:30 a.m. Enroll monthly at the Concierge Desk.



If your alarm goes off a little later in the morning, here are a few more classes where you can experience a little HIIT at PRO Sports Club:

- BODY SHOCK!
- RECHARGE!
- Tour de PRO indoor cycling
- Circuit Training
- Step Circuit
- TRX Bootcamp